

## Looking Up

### **Ready:**

"Look to the Lord and his strength; seek his face always."  
-Psalm 105:4

### **Set**

It has become a regular occurrence in professional sports today to see athletes look up toward Heaven and point their finger. The Chicago Tribune published an article (01/22/2004) on the trend attempting to determine why different athletes look to Heaven and point. Philadelphia Eagles' receiver James Thrash looks toward Heaven and points after nearly every catch. He says this is, "just a reminder to everyone that I'm in it for the Lord."

I'm not naive enough to think that all athletes who look up to Heaven and point are showing their love for God. However, I think this is an opportunity for Christians to remember to look to God in all situations.

I think it's great to give the Lord credit after throwing a touchdown pass, hitting a home run or draining a three-pointer. But what happens when we throw an interception, strikeout or shoot an air ball? It's at those times when we need to "look to the Lord and his strength" even more.

In victory or defeat, success or failure, we need to look to the Lord at ALL TIMES.

### **Go**

1. What is your opinion on athletes who look to Heaven and point after making a play?
2. Why is it important to look to the Lord both in victory and in defeat?
3. How can you look to the Lord and his strength after defeat?

### **Workout**

Hebrews 12:2a  
Psalm 141:8  
2 Corinthians 4:18

### **Bible Reference:**

Hebrews 12



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